



# DEPARTMENT OF THE NAVY

COMMANDER TRAINING AIR WING ONE

101 FULLER ROAD SUITE 250

MERIDIAN MS 39309-5403

IN REPLY REFER TO:

COMTRAWINGONEINST 6110.1C  
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DEC 16 1998

## COMTRAWING ONE INSTRUCTION 6110.1C

Subj: PHYSICAL READINESS TRAINING PROGRAM

Ref: (a) OPNAVINST 6110.1E

1. Purpose. To provide policy and guidance for a Physical Readiness Program for TRAWING ONE (TW-1) per reference (a). (R)

2. Cancellation. COMTRAWINGONEINST 6110.1B.

3. Policy. Every member should strive to achieve and maintain the highest standard of physical readiness to ensure the operational effectiveness of TW-1. Members failing to achieve standards are a detriment to readiness and compromise the overall mission effectiveness of the Navy. Physical readiness training is a complete conditioning program which develops and maintains the flexibility, cardiorespiratory, muscular strength and endurance needed to perform routine and emergency tasks.

4. Action.

a. Commanding Officers shall establish an active physical readiness program and, as a minimum:

(1) Appoint a Command Fitness Coordinator (CFC) to carry out the responsibilities outlined in this instruction.

(2) Ensure the CFC has completed the Navy Exercise Leader Course from BUPERS certified Navy Fitness Instructors. (R)

b. The Command Fitness Coordinator shall:

(1) Conduct the PRT semiannually per guidelines of reference (a).

(2) Maintain member's Risk Factor Screening/Physical Readiness Test Results Form and forward upon member's transfer to the gaining command.

(3) Supervise the command's remedial exercise program (if applicable) and when appropriate, coordinate with NAS PRT Coordinator for required remedial PRT training or testing facilities. (R)

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(4) Advise the chain of command on all physical readiness program matters, particularly about members who need assistance in meeting physical readiness standards.

(5) Report to the unit's safety officer any physical readiness program-related injuries so that they may be documented per the requirements of OPNAVINST 5102.1B.

(6) Maintain updated health and fitness educational resources for use by command personnel.

(7) Submit annual Command Physical Readiness Test Summary report to Bureau of Naval Personnel (PERS 6010), Millington, TN. (R

c. The chain of command shall:

(1) Provide leadership by example to encourage and promote increased levels of physical readiness.

(2) Schedule physical readiness training time during working hours when possible and coordinate efforts to support individual exercise activities.

(3) Allow personnel to participate in a program of aerobic or physical exercise at least three times per week, except for personnel with duty responsibilities or personnel excused by medical authority. Members who have one or more PRT failures in four years, shall participate in a supervised exercise program conducted under the direction of the PRT coordinator.

(4) Exercise sessions should consist of at least 30-40 minutes of activity, to include 20 minutes of aerobic or physical exercise, jogging, running, or playing basketball and a warm-up and cool-down period.

5. Remedial Exercise Program. Each command will provide an adequate remedial exercise program to be conducted during normal working hours.

a. Prior to enrollment, an individual shall have a thorough medical examination with follow-ups as necessary.

b. The intent and design of a program must be encouraged and assist individuals in improving their physical well-being.

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c. The program will be remedial, and a person will be enrolled for failure to comply with the standards set forth in reference (a).


d. The CFC or Assistant CFC shall:

(1) Muster remedial personnel and conduct a daily exercise session using reference (a) for guidance. The sessions may be open to all hands but should be conducted specifically for remedial personnel. (R)

(2) Be thoroughly knowledgeable and stay abreast of each individual's particular case and current performance level. (A)

(3) Ensure individuals attend a minimum of three sessions per week. Only competent medical authority or member's division officer or department head shall grant an excused absence.

(4) Provide a written program for each individual designed to correct that individual's deficiencies. A standardization program should be developed that will prove suitable for most personnel and serve as a baseline for all. Limit tailoring to where it is absolutely essential to facilitate administering the program. Give specific instructions/guidance, (i.e., when and where to muster, what exercises to do, and in what quantity; modify that program as improvements are accomplished).

  
G. A. SMITH

Distribution:  
COMTRAWINGONEINST 5216.4C  
List I  
List II, Case I (A-D)

Stocked:  
COMTRAWING ONE